

# Family and Consumer Science

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## Adult Living

Elective  
Grade(s) 11-12  
A Level  
Prerequisite:  
None

Semester

Are you excited, but a little scared about living on your own after school? This course is designed to prepare young adults for their roles as adult individuals. Areas of study will cover self-analysis, family changes, money management, apartment living, purchasing a car and entertainment.

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## Child Development I

Elective  
Grade(s) 10-12  
A Level  
Prerequisite:  
None

Semester

The course aims to give a fundamental knowledge of human growth and development to help one understand oneself and others. The focus is on gaining an understanding of children and the role that family plays in their lives. Emphasis is given to skills essential to establishing a positive environment to maximize a child's development physically, intellectually, emotionally and socially. Participation with the children in our Little Colonials Preschool supports our classroom learning.

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## Child Development II

Elective  
Grade(s) 10-12  
Honors or A Level  
Prerequisite:  
Child Development I

Semester

This course focuses on the early stages of development from conception through early childhood. An in-depth study of the four areas of development helps students understand what needs to be considered to maximize a child's potential. Consideration is also given to the responsibilities of care givers, issues related to health and safety of the young child, and special challenges that may be faced. Continued participation in Little Colonials' Preschool offers experiences that help to connect academic and life skills. For honors credit, students must execute a written agreement with the instructor for additional independent work and have an A- average or above in Child Development I, along with a teacher recommendation.

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## Community Wellness and Nutrition

Elective  
Grade(s) 9-12  
A Level  
Prerequisite:  
None

Semester

This course is designed to focus on making choices that will promote wellness and good health for our senior citizens in Shrewsbury. Students will research such topics as food sanitation, food safety, kitchen management, meal management and food preparation. Students will design and produce a television show and/or public service announcements that will address the challenges of our elderly and provide some practical solutions for those who must plan, shop, and cook for one or two people. This show will be aired on SPAC. This course meets two days per cycle.

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## Early Childhood Education

Elective                      Full Year  
Grade(s) 11-12  
Honors or A Level  
Prerequisite:  
Child Development I and II

Students will coordinate their study of Early Childhood Education by participating in an on-site preschool lab. The students will focus on the entire operation of the preschool, including such topics as developing an appropriate environment, safety, health, routines and nutrition for children. The course will offer in-depth information on planning and implementing activities for children along with providing students with foundational work skills, techniques for guiding the behavior of children and guidelines for developing effective observation skills. For honors credit, the student must execute a written agreement with the instructor for additional independent outside work and have a A- or better average in Child Development II, along with teacher recommendation.

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## Focus on Foods

Elective                      Semester  
Grade(s) 9-12  
A Level  
Prerequisite:  
None

Students will learn the basic technology of food preparation and be able to identify, understand, analyze, and evaluate food choices. Emphasis will be placed on safety and sanitation in food preparation. Units covered will include pastry, quick breads, yeast breads, eggs, fruits, vegetables and pasta. The basic principles of the Food Pyramid will be studied.

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## Food Science and Nutrition

Elective                      Semester  
Grade(s) 9-12  
A Level  
Prerequisite:  
Focus on Foods

This course will concentrate on the principles of good nutrition based on the Food Pyramid Guidelines published by the U.S. Government. We will experiment with altering the preparation and ingredients in familiar foods to make them more healthful, yet still appealing. We will explore alternatives to less healthy eating habits and become more mindful of the labels and contents of the foods we choose to eat. This course meets four days per cycle.

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## Interior Design

Elective                      Semester  
Grade(s) 9-12  
A Level  
Prerequisite:

This course will expose students to the basic principles of interior design, as well as concepts related to housing styles, floor plans and layouts. In addition to gaining exposure to this career field, students will complete projects to demonstrate their understanding of concepts related to the course. This course meets two days per cycle.